

CHHOTI CHHOTI BATEIN

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BE A LEADER NOT A BOSS

The boss drives his men;
The Leader inspires them.
The boss depends on authority;
The Leader on goodwill.
The boss evokes fear;
The Leader radiates love.
The boss says 'I';
The Leader says 'We'.
The boss shows who is wrong;
The Leader shows what is wrong.
The boss knows how it is done;
The Leaders shows how to do.
The boss abuses men;
The Leader uses them.
The boss demands respect;
The Leader commands respect.
The boss makes work drudgery;
The Leader makes it joy.

- F.A. Ryan



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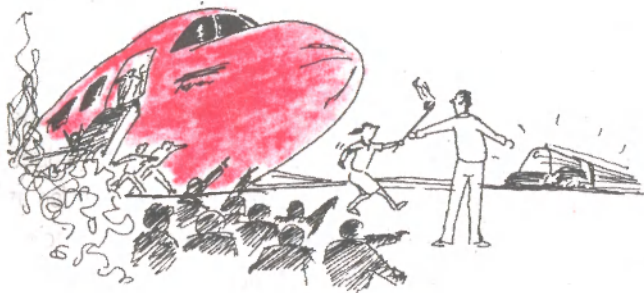
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QUICK-THINKING



A quick-witted girl made headlines when she stopped a train from crashing into a plane that had to make a forced landing on the railroad tracks in North Carolina, USA.

No one was hurt when the plane landed but then the passengers were aghast to see a train rushing at full speed towards the crippled plane. Most of the spectators were frozen into inaction but this young girl seized a broom from the hands of a curious housewife, thrust it into a bonfire, and gave it to a tall man to signal the onrushing engine. There wasn't much more than a foot between the plane and the train but the girl had done her job.

We never know our own capacity till we try. With courage and confidence we can surprise even ourselves.



PERSEVERANCE PAYS

As growing boys, the Wright brothers flew kites just as every boy had done. But they drew some valuable knowledge from their kites.

Finally they concluded, after discussion and experimentation that a man could be kept aloft on the principles of flying a kite, if an engine could be developed that would sustain the flying kite. Their idea was scoffed at by others so they were forced to develop this engine themselves. They were convinced that if the birds could fly then they could, too.

The Wright brothers were not the first to experiment with flying. They stand out because they persevered where others gave up. They followed through on an idea that occurred to many men who were unwilling or unable to take the risk of hardship - even failure. :- J.Maurus



WISDOM

- When you come to see you are not as wise today as you thought you were yesterday, you are wiser today.
- To make your love endure, love other things together.
- You are what you think you are. When your thinking changes, you change.
- Listen to the words of the critic. He reveals to you what your friends hide from you.

Jal and Imran were two actors who were harshly criticized in the press.

Jal was so angry and upset that he immediately wrote a sharp letter defending himself and flaying the critic in tones even harsher than the former had done. The relations between these two men became so strained that it endured for the rest of their days.

Imran, slept over the matter, and the next day the sting was less severe. Then he wrote to his critic, thanking him for pointing out certain weaknesses in his performance and assuring him that his criticism was welcome. The kind reply touched the critic and the two became lasting friends.

Criticism can often be very constructive and helpful and praise can be mere flattery that does not teach us much.



The distant mountains seem easy of access and climbing, the top beckons, but, as one approaches, difficulties appear, and the higher one goes the more laborious becomes the journey and the summit recedes into the clouds. Yet the climbing is worth the effort and has its own joy and satisfaction. Perhaps it is struggle that gives value to life.

- Jawaharlal Nehru

"In Chhoti Chhoti Batein we found G.G.B.

"गहरी गहरी बातें" ("Gahri Gahri Batein")

- Dr. B.M. Raturi M.D. Jaipur

THE GREAT VALUE OF TIME

Time is money

we have no right to waste it.

Time is power

we have no right to dissipate it.

Time is influence

we have no right to throw it away.

Time is life

we must value it greatly. -

Time is God's

he gives it to us for a purpose.

Time is sacred trust

we must answer for every moment.

Time is wisdom

we have no time to remain ignorant.

Time is preparation for eternity

we must redeem it.



Take up an idea. Make that one idea your life-think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success. If we really want to be blessed, and make others blessed, we must go deeper.

Swami Vivekananda



PROCRASTINATION

We all procrastinate occasionally. But if it becomes the norm rather than the exception then we have a problem. Why do we procrastinate? It has got a lot to do with a pattern of thinking. Behavioural health experts have identified six types of procrastinators:

1. DREAMER: You are distracted. The distractions may be mental. You are thinking of the object of your desire, or it may be physical. Someone's playing the music too loud, for example, So you can't get down to work.
2. WORRIER: You fear failure. You may even convince yourself that the failure will result in devastating consequences. On the other hand you may worry about success. You'll worry about setting too high standards for yourself in future.
3. PERFECTIONIST: You can't do something which may not be perfect.
4. DISCOMFORT DODGER: You put things off to avoid feeling bad or because you don't like change.
5. MAGICAL THINKER: You hope to be seized by inspiration before you do anything or you think the problem will go away magically.



Tomorrow is not here, and yesterday with all its sad mistakes is far away, I think I shall be busy with today!

- Abigail Cresson

LOVE

Love causes our personality to increase, to extend, to grow, to become more enriched with each new communication, just as in the furrow the wheat first appears as ears, then as sheaves, then as a whole crop with the power to seed the entire soil. By putting us in communication with others, love makes us grow, and the greater our growth, the more fitted we are to give ourselves again.



TREATING A SORE POINT

Minor injuries can be treated at home. Cuts scrapes and burns should be attended to avoid infection. To treat cuts, punctures and scrapes follow the 4 C's:

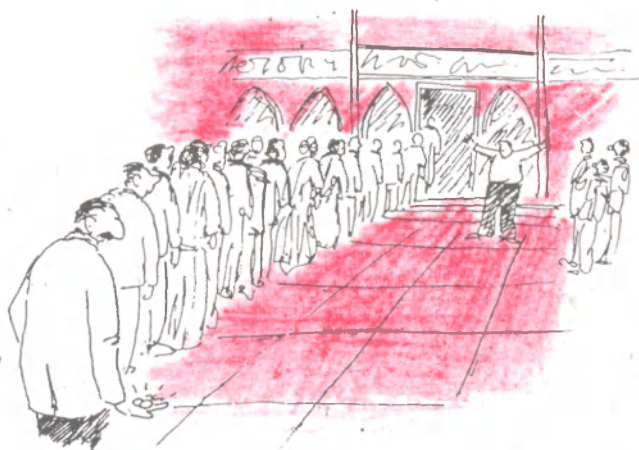
1. Control bleeding. Apply direct pressure to stop bleeding, with cuts and scrapes. With punctures, let the bleeding stop on its own.
2. Clean the wound. Washing with warm water and soap, kills the germs and removes the dirt. Soak a puncture wound in warm, soapy water for several minutes.
3. Close the edges. With cuts, use a butterfly bandage.
4. Cover the injury. Use antibiotic ointment. Use a sterile bandage or clean gauze.

FOR BURNS: Use cloth soaked in cool water or place the burn under a gentle stream of cool water. Be sure to clean the burn and cover with a loose dressing. Do not apply butter, oil or ointment. This only seals in the heat.

Life is a game with a glorious prize
If we can only play it right
It is give and take, build and break
And often it ends in a fight;
But he surely wins who honestly tries
Regardless of wealth or fame,
He can never despair who plays it fair
How are you playing the game?
Do you weep and whine if you fail to win
In the manner you think your due?
Do you sneer at the man, in case that he can
And does do better than you?
Do you take your rebuffs with a knowing grin?
Do you laugh when you pull up lame?
Does faith hold true when the whole world's blue?
How are you playing the game?



THE WORTH OF A STATUE



A rustic living on a mountain had a statue. He left it casually in front of his house. One day a man from the town passed by and saw the statue. He inquired whether it was for sale. The mountain man replied, 'Who will buy this ugly statue?'

Taking out a silver coin from his pocket, the city man said: 'Are you ready to part with your statue for this coin?' The mountain man gladly agreed and the deed was done. The city man took the statue with him, carrying it on an elephant.

After a few months the mountain man happened to go to the town. He saw a long queue in front of a shop. He heard a man announcing: 'Come and see the most beautiful statue in the world. It costs only two silver coins.'

Our friend from the mountain paid two silver coins to see the statue he had sold for one silver coin! - Khalil Gibran



HANDY HINTS

1. Drinking wheat grass juice works wonders for diabetic patients.
2. To make an eggless cake more spongy, add the juice of one lime to the batter just before pouring the batter into the baking tray.
3. While steam-ironing clothes, add a few drops of 'cologne or perfume to the water for a lingering fragrance.
4. To clean porcelain vases, scrub them with a brush dipped in salted water.
5. Place a ball of cotton soaked in peppermint oil near a rat hole. The rats will flee.
6. Wear latex gloves while opening jars for a slip-free grip.
7. Milk will not spill while boiling if you apply glycerine to the rim of the vessel.
8. Rubbing plastic containers with oil before placing food in them, prevents stains.
9. For long and healthy hair, wash with tender coconut water.
10. Apply papaya pulp to your face regularly to cure pimples



Chhoti Chhoti Batein is an ideal birthday gift.
Circulate Chhoti Chhoti Batein to your family.
Specially to young members

SUCCESS

Success is not the result of chance or luck. No one has ever 'fallen into' success.

It is not to be gained by tricks or schemes.

It is the result of commonsense applied to today's problems and tomorrow's goals.

It is the result of sticking to a problem until it is solved.

It is the result of such a careful discharge of every duty that a clear conscience makes days happy and nights restful.



ALL THINGS WORK TOGETHER FOR GOOD

There is an old Hebrew fable that Rabbi Akiba was compelled by persecution to wander in the wilderness. He had a lamp to enable him to study the Holy Bible; a cock that awakened him in the morning and a donkey on which he rode.

One night, being very tired he went into a village and asked for shelter but was refused. He sought an old well, where he sat down to rest. He lit his lamp but a violent wind extinguished the light. He lay down to sleep, and a wolf killed his cock, a lion ate his donkey. Feeling totally helpless and dejected, he went to the village to see if he could find help. Then he discovered that during the night, a band of

robbers had killed the inhabitants.

Rabbi Akiba saw that God had been very good to him. If he had been received into a home for the night, he too, would have been killed. If the light had not been blown out he would have been discovered by the robbers. And if the cock and donkey had not been destroyed, they would have revealed his presence.

NO ATHEISTS IN FOXHOLES

In Bataan one time, I slipped into a foxhole during a particularly heavy bombing attack. There was a sergeant in the foxhole, too, and he squeezed to one side to make room for me. Then all hell broke loose and I wasn't surprised to find myself praying out loud.

The sergeant was praying, too. He prayed almost as loud as I did. When the attack was over I turned to him and said, 'Sergeant, I noticed you were praying.'

'Sir,' he said without batting an eye, 'there are no atheists in foxholes!'

From: Just a Moment Please
by J. Marus



WIFE: But dear, in this photograph you have not a single button on your coat.

HUSBAND: So you've noticed it at last! That's why I had the photograph taken.

ON MAKING DECISIONS



A farmer hired a hand and set him to chopping wood. In the middle of the morning the farmer went down to see what progress he was making. To his astonishment, he found the wood all chopped. He told the man to stack it in the shed, supposing the job would take hours, but in a short while it was finished.

The next day the farmer, thinking he would give the man a little rest, told him to sort out the potatoes in the bin.

‘Just put the good ones in one pile, the doubtful in another, and throw out the rotten ones.’

An hour or so later the farmer discovered that virtually nothing had been done. He demanded an explanation.

‘Well,’ said the man wearily, ‘it’s making these decisions that is killing me!’



SELF-RELIANCE

In a drive for cancer research, people were astonished to learn that the most indefatigable worker was a widow who had been blind for thirteen years.

This woman, however, found nothing unusual in what she had done. 'After all,' she told a reporter who came to interview her, 'I was taught to be self-reliant and I can distinguish between light and shadow, so I am not altogether helpless ... There is much that I can do ... and thank God, I was never one to be sad. My blindness came over me gradually and I consider myself lucky to have had so many years of sight.'



A policeman was summoned to the scene of a car accident that involved a hit-and-run driver. The victim, a middle-aged woman took some time to compose herself. Finally the policeman got around to the questioning.

'Did you get the license number of the car that hit you, Madam?' he asked.

'No, I didn't,' replied the victim, 'but the woman who was driving was wearing a red hat trimmed with flowers, a gray tailored suit and a white blouse!'



An ant and an elephant both were crossing a bridge at the same time. The bridge shook under the weight of the elephant and when they reached the other side, the ant exclaimed: 'Boy, we certainly did shake that bridge!'

NEWS: TO LEAD A BETTER LIFE

TIPS TO HELP YOU COMMUNICATE BETTER WITH YOUR CHILDREN

Spend time being together and doing things together:
Both are important - you don't always have to be cramming in activities, just being around is enough. It is also not just about talking - remember that 80% of communication is non-verbal. Being at home together is just as important as going out and doing things: don't discount the time spent doing everyday, routine things like having breakfast together. You can get to know your child whenever you are with them. It is time getting to know each other - in many ways no different from a friendship - you work at it and don't take anything for granted because they are flesh and blood.

Children see things much more in their raw state than adults do: they will sense your mood and personality. They also sense idiosyncracies and find them funny - think back to some of the oddities you saw in adults when you were a child - the names for teachers and so on.

Be clear and consistent: A child does not have the understanding of the complex interactions in the world and therefore loves consistency and finds it reassuring until they are old enough to begin to deal with the confusing world around them. Remember that you are one of the main sources of guidance in their lives and they expect some consistency

in what you say and do. As they grow up, they may not agree with you but it builds respect and trust.

Be positive about good behaviour: You should be praising children more than you are telling them off.

Do things for them that give them joy and happiness: They will have vivid childhood memories and you have a responsibility to make them happy ones. It is not just about buying things for them but taking them to places, reading to them, playing, helping them learn. This will go a long way towards retaining the communication if they look back on happy times with you.

Keep your own interests in life that you can talk about with them: Children do not want boring parents who never do anything - they also like to be proud of what you do and your interests. It also gives you other focuses and stops you becoming obsessive about your children.

Put yourself in their shoes and relate to them emotionally: socially and intellectually. Try not to say 'when I was your age....' - they are a different person with their own needs.

Know the difference in younger children between when they are tired and hungry and when they are being naughty. Younger children have much less stamina.

Remember that you know a lot more and have much experience that they don't : use this wisely but don't laud it over them and try not to let it show - you should be giving helpful advice without coming over as showing off or being

smug with a 'You don't want to do that' attitude.

Finally, to maintain trust and communication, let children know that you are always there for them, that you love them and that they can always talk to you.



POWER OF THE WRITTEN WORD

Printed books permanently altered the way information was distributed around the world. Men of dangerous or dissident ideas could be kept out of areas whose authorities did not approve of them – their books could not. For every book seized by customs officers and impounded, another 10 could be got to their desired location hidden in bales of cloth or under the deck floorboards of ships (as prohibited books were smuggled into Spain under the noses of the Inquisition). The Renaissance is represented by the incredible expansion in numbers of readers and books, in increasingly numerous locations, in the century following the invention of printing in the 1450s. Religious reformers were quick to use printed books to disseminate their ideals and the Church responded with censorship laws.

Book censorship, however, proved unexpectedly resistant to implementation. Censorship legislation ran up against powerful financial pressures which militated against cooperation, this time on the part of the booksellers and financial backers. (source: Liza Jardine)



THE HIDDEN POWER OF POSITIVE THINKING

Long ago Emile Coue persuaded thousands of people to start the day by repeating "Day by day, in every way, I am getting better and better" twenty times. Silva suggests that after repeating these words, we should also programme the subconscious every day by saying "Negative thoughts and negative suggestions have no influence over me at any level of mind". He claims that results have shown that both these things have far-reaching effects on increasing creativity and bringing a sense of harmony and peace into one's life.



BUDDHIST TEACHING

In the Buddhist spiritual teachings it is emphasised that before embarking on any spiritual quest we should apply the six great perfection's- compassion, generosity, morality, awareness, wisdom and consistency. All these are tested every day in our lives as we interact with families, strangers and friends. Each one increases personal growth and improves interpersonal relationships. Each one transcends opposing forces, dissension and dichotomies, each one helps us on the upward path. Whether or not we reach this highest state is not important. The journey itself is infinitely rewarding.



COCKROACHES' ESCAPE PLOY DISCOVERED

Any city dweller will testify to the near indestructibility of cockroaches. Whether it's an imminent attack from lizard or a hammering with an old shoe, the cunning creatures are as renowned for their ability to sense danger and escape as they are for their ability to multiply.

But the scientists at the NEC Research Institute in Princeton, Dima Rinberg and Hanan Davidowitz have discovered that the wily insects can sense danger by changes in air movements around them. Tiny hairs on their back appendages act as sensors to tell them when to run. "When a predator comes in for an attack they sense the wind that the predator makes and they calculate the direction it is coming from and then run away in the opposite direction," Davidowitz said.

"Our work addresses how it tells the difference between normal wind in everyday life and when it is being attacked," Davidowitz, a research physicist and expert in fluid dynamics, added. Their research, reported in the science journal Nature, showed the insects gather information from the wind's properties that warn them about approaching predators.

Although it all seems very sophisticated for the lowly cockroach, the scientists were not surprised by their findings.

We hope this finding will in turn help devise methods to keep these pests away.



ARGUING COUPLES RISK THEIR HEALTH.

COUPLES WHO argue constantly may be damaging their health as well as their relationship, according to new research. In the first study of its kind, scientists at the University of California in Los Angeles have shown that domestic rows suppress the reaction of the immune system. Researchers asked 41 couples into a "laboratory conflict room" to "discuss one of the three subjects they argued about the most, and logged blood pressure, heartbeat and other vital signs as the ensuing argument raged. The results showed that natural killer cells in the blood, which are meant to protect the body from disease, came out in force during the conflict. On average, each of the rowing partners was found to have 36m extra killer cells in their blood at the peak of the argument. Because they have been stalking a phantom threat, when a real illness comes along, such as a virus or other infection, the killer cells are underpowered and expose the rowing partners to a greater risk of disease. Dr Joel Dopp, who led the research, said: "In a caustic marital relationship, it could affect the normal immune response to viral, fungal and parasitic infection." The results provide a scientific explanation for what marital therapists have long known – that constant domestic rows affect health and wellbeing.



A woman is like a tea-bag, you never know her strength until you drop her in hot water! - Nancy Reagan

Wisdom comes by disillusionment (George Santayana)



FOUR RULES FOR LIVING

When my father was dying he said to me: 'I'm afraid I've nothing to give you except four rules for living and I believe they'll work for you because you are so much like me. These are the rules, for what they are worth:

First: never be afraid of what they say. They exist only in your fears. What you do is the thing that counts, what they say means nothing.

Second: the more you own the more you are possessed. Keep free of material things and enjoy life as it comes.

Third: take serious things lightly and take light things seriously.

Fourth: Always laugh at yourself first before others do. There is something ridiculous about every person. Do not be afraid to admit your weaknesses and failures.

- E.Maxwell



FRESH BREATH

If you want your breath to smell as sweet as the words you mouth, try the following:

1. Rinse your mouth with apple juice.
2. Chew a mint leaf. The natural after dinner mint.
3. Rinse your mouth with salt water (Half a teaspoon salt mixed with one cup warm water)



DON'T MISS THE OBVIOUS

There is an ancient tale about a king who wanted to pick the wisest man among his subjects to be his prime minister. When the search finally narrowed down to just three men, he decided to put them to the supreme test.

Accordingly, he placed them together in a room in his palace, and on the room door he had installed a lock which was the last word in mechanical ingenuity. The candidates were informed that whoever was able to open the door first would be appointed to the post of honour.

The three men immediately set themselves to the task. Two of them began at once to work out complicated mathematical formulas to discover the proper lock combination. The third man, however, just sat down in his chair, lost in thought. Finally, without bothering to put pen to paper, he got up, walked to the door and turned the handle. The door opened to his touch. It had been unlocked all the time!



PEOPLE ARE MIRRORS

A psychologist once asked a group of college students to jot down, in thirty seconds, the initials of the people they disliked. Some of the students taking the test could think of only one person. Others listed as many as fourteen.

But the interesting fact that came out of this bit of research was this: those who disliked the largest number were themselves the most widely disliked.



STORY OF A DISCOVERY

Theodor Lenek discovered the stethoscope. Here is the story of how it came about.

One day a woman with a heart complaint was brought to the hospital where Lenek was working. In those days, doctors checked the heartbeats of a patient by keeping their ear close to the chest of the patients. When Lenek tried to check the heartbeats of the woman in this way, she protested. So Lenek took a sheet of paper, rolled it into a pipe and kept one end close to the chest of the patient and the other close to his ear. This gave him the idea of the stethoscope.



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